

# 2009 H1N1 FLU

## Stay Home If You Are Sick

To help reduce the spread of 2009 H1N1 flu and seasonal influenza, if you are sick with flu-like symptoms (**fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, occasionally nausea and vomiting**) you should stay at home except to get medical care.

## Follow These Home Care Recommendations

- Stay home until you have been **fever free for 24 hours**, without the use of fever reducing medication. Limit your contact with others as much as possible during this time. Healthcare workers should stay home for seven days from the first day of symptoms.
- Take medications for symptom relief as needed for fever and pain such as acetaminophen (Tylenol®), or Ibuprofen (Advil®, Motrin®, Nuprin®). Contact your healthcare provider for additional advice if needed.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from becoming dehydrated.
- Throw away tissues and other disposable items used by the sick person in the trash.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Do not give aspirin or products that contain aspirin (e.g. bismuth subsalicylate - Pepto-Bismol) to children 18 years or younger.
- Frequently clean commonly touched surfaces such as doorknobs, faucet handles, computer mouse, refrigerator handles.
- Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

Information sponsored by the Fond du Lac County Health Department, Affinity Health System, Agnesian HealthCare, Aurora Health Care, Community Health Network and Ripon Medical Center.



## GET MEDICAL CARE RIGHT AWAY IF YOU OR A LOVED ONE HAS ANY OF THE FOLLOWING SIGNS OR SYMPTOMS

### *In children:*

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or constant vomiting
- Not waking up or not interacting
- Being so irritable that he or she does not want to be held
- Flu-like symptoms that get better, and then return and get worse

### *In adults:*

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

***Certain groups of people are at higher risk of serious flu-related complications.*** This includes people 65 years and older, people of any age with chronic medical conditions (such as **asthma, diabetes, or heart disease**), **pregnant women and young children.**

*If you or a family member are in one of these high risk categories, call your healthcare provider to determine if there is more you need to do.*

**For more information about 2009 H1N1 visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu), [www.fdlco.wi.gov](http://www.fdlco.wi.gov), or call the Fond du Lac County Health Department at (920) 929-3085 or (800) 547-3640, or 2-1-1 for more information.**